

### **What is Acupuncture?**

Acupuncture, a component of traditional Chinese medicine, is the strategic insertion and manipulation of fine acupuncture needles on the body for therapeutic effect. Acupuncture can provide drug-free pain relief and may be effective in managing acute and chronic ailments through a holistic approach to treatment, addressing the underlying cause of the condition as well as the symptoms.

### **What can I expect from acupuncture treatment?**

Your acupuncturist uses single use sterile needles inserted into acupuncture points on energy channels or meridians, located on the limbs, torso and head. Treatment is provided with up to 5 other people in a pleasant group or ‘community’ setting in comfortable reclining seats. As such, participants are not be required to remove clothing.

### **What is Reiki?**

Reiki is a non-invasive healing modality used for relaxation and to provide relief of physical and emotional symptoms. Reiki works to rebalance the flow of energy through the body’s energy channels, allowing overall health and wellbeing to be restored. The benefits of reiki include relaxation and increased energy, as well as relief from mental and physical symptoms such as pain and insomnia. Reiki can be done as frequently as desired, or even a single session can provide benefits.

### **What can I expect from reiki treatment?**

Reiki takes place while the client is laying on a table fully clothed. The practitioner uses a series of hand positions on, or at a distance from the client’s body to facilitate the movement of energy throughout the client’s energy field. Some people fall asleep during reiki as the body lets go and the nervous system calms down. There may also be sensations of tingling, pulsation, and heat in the body due to the increased movement of energy.

### **What is Myotherapy?**

Myotherapy takes a ‘whole of care’ approach to affectively assess, treat and manage injuries, pain and dysfunction with the goal of helping people in pain to move and feel better. Myotherapy applies a range of techniques, taking an evidence-informed approach to support client outcomes with a focus on self- management. Myotherapists use clinical reasoning to implement treatment and management programs specific to client needs and health outcomes.

### **What can I expect from myotherapy treatment?**

Treatment applications may include, but are not limited to, dry needling (using acupuncture needles), exercise and rehabilitation planning, massage therapy and joint mobilisation.

### **What is Reflexology?**

Reflexology is a holistic, non-invasive relaxing natural therapy that can stimulate the body's own healing processes, boost the immune system and complement other therapies and conventional medical treatment. It is performed on the feet by applying gentle pressure and massage techniques on reflex points to improve circulation, boost lymphatic function and improve general feelings of wellbeing.

### **What can I expect from reflexology treatment?**

If you are having a foot reflexology treatment, you will be asked to remove your footwear and your feet will be examined and then washed before the practitioner applies pressure to reflex areas of the foot.

### **What is Shiatsu Therapy?**

Shiatsu is a therapeutic form of acupressure, muscle meridian stretching and corrective exercises derived from Japan. Shiatsu involves applying pressure to the body using a practitioner's thumbs, palms, elbows, knees and feet. It is founded on the principles of Traditional Chinese Medicine theory that energy moves through channels within the body, known as meridians. Shiatsu practitioners aim to restore the balance of energy through meridians in order to promote health and strengthen the body's healing abilities.

Like most natural therapies, shiatsu is based on the assumption that the body is a self-healing organism, and that the role of the practitioner is to aid and support that naturally occurring process. Shiatsu can assist an individual with their self-development and self-healing; balancing the underlying causes of a condition and addressing physical and psychological functions; promoting health and strengthening the body's own healing abilities.

### **What can I expect from shiatsu treatment?**

The person receiving shiatsu remains clothed or is covered by a sheet and treatment usually takes place on a futon on the floor.